

WHAT'S WHAT IN THE HOUSEHOLD REALM

Nightcaps for Insomnia

Recipes for Some of the Best, Including Hot Broths and Gruels Made as in Grand-mother's Day.

By Virginia Carter Lee.

THE old tradition that to eat anything just before going to bed is sure to produce indigestion and render sleep impossible is now happily exploded. Late suppers of indigestible viands are, of course, not to be recommended, but something of a light, palatable nature in the stomach just before retiring is one of the best aids to quiet and rest.

Many physicians concede that a great deal of the present insomnia is the result of an unconscious craving for food. Certainly nothing can be better or more healthful, especially in a long interval elapses between the evening dinner or supper and the hour of retiring, than to slowly sip a cupful of strained oatmeal gruel, a cupful of clam broth or one of hot bouillon.

The clam broth can be easily made from the bottled or canned extract, and the bouillon from tiny cubes or the meat extract which is now put out by several reliable firms and requires only mixing with boiling water to form a most palatable and nourishing drink.

Plain hot milk, malted milk, arrowroot gruel and plain mutton broth are all excellent for the midnight, and particularly good on a damp, chilly night, when the system requires more nourishment and the stomach craves extra warmth as much as any other part of the body.

Unfortunately gruel is something that every housewife does not know how to make, and the burnt, untempting compounds frequently served under this title are responsible in a large degree for their unpopularity. They are, however, so extremely easy to prepare that every housekeeper should acquaint herself with the formula. It is possible in winter weather or when one has a good supply of oatmeal to make a sufficient quantity to last two or three days. The strained oatmeal in this case should be kept unsweetened and without the addition of flavoring. These ingredients should be added only when the gruel is re-steamed and ready to serve.

In preparing the various gruels the following formulas, obtained from a domestic science expert with hospital training, may prove helpful. Long, slow cooking, with careful straining, is necessary to produce a perfect result.

Place in the upper part of the double boiler three large cupfuls of water, and after adding one teaspoonful of salt, bring to the boiling point. Then sprinkle in quickly half a cupful of coarse oatmeal and stir rapidly until it boils again. Set over the hot water pan, cook for three hours and strain through a fine hair sieve. This forms the foundation of the gruel, and may be diluted when ready to serve with either hot milk or a little cream to the desired consistency. Season with sugar, a pinch of grated nutmeg, a little port wine or sherry and reheat before serving.

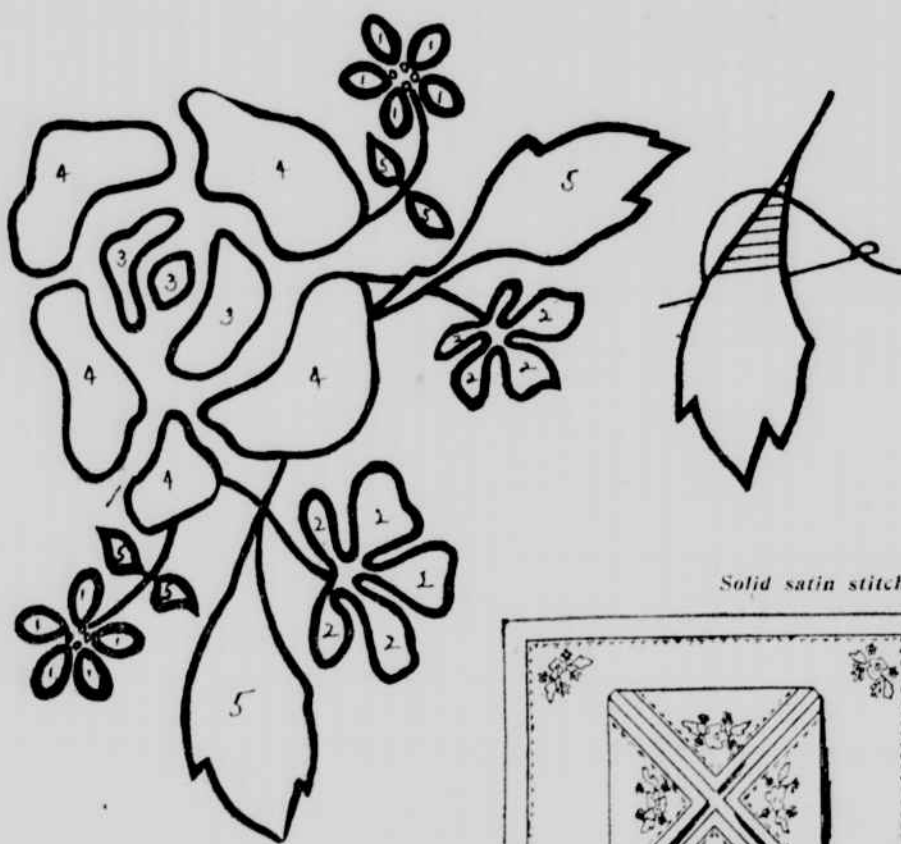
Farina gruel is also excellent, and is made by mixing together two tablespoonfuls of farina with two of cold water. Place in the upper part of the double boiler one pint each of milk and water, with one teaspoonful of salt, and when almost at the boiling point stir in the farina. Cook for forty-five minutes, remove from the fire, add one well beaten egg, sugar to taste and a little ground cinnamon.

Rice gruel is still another variety which can be recommended when one is feeling run down and tired. Purchase a small package of rice flour and mix one generous tablespoonful of the contents with two of cold water, being careful that there are no lumps. Have ready in the upper part of the double boiler one quart of boiling water; pour in the prepared rice and stir constantly until well thickened. Then cook (still in the double boiler) until clear and transparent. Strain, and when ready to serve mix with boiling milk and add seasoning, sugar, salt and a little grated nutmeg.

Old-fashioned caudle cup is an especially nourishing beverage. The recipe for this is a treasured heirloom in many old English families.

Caudle Cup.—Strew into three quarts of boiling, salted water half a cupful of coarse Scotch oatmeal and simmer slowly for four hours. Have in readiness a large cupful of seeded raisins which have been cooked until plump; add these to the strained oatmeal and cook for half an hour longer. Season to taste with sugar, grated nutmeg, a little lemon juice and, if wine is used, a small cupful of sherry. Serve very hot.

Design for Breakfast Tray Set



Solid satin stitch.

THIS linen set for the breakfast tray brings a bit of cheer along with it, for its corners are gaily embroidered in bright colors. The set consists of a tray cover, a toast cover or napkin and a breakfast napkin. It may be made of pure white or natural colored linen. An inch wide hem, either hand or machine hemstitched, finishes the edges. The design shown here is embroidered in each of the four corners of the tray cover and toast napkin and in one corner of the breakfast napkin.

The tray cover, when completed, measures 15 inches by 20 inches. A piece of material 18 inches by 23 inches will be required, so as to allow for the inch-wide hem. The toast and breakfast napkin each measure 15 inches square when completed, and require pieces of material 18 inches square. It is advisable to buy one yard of yard-wide linen. This may

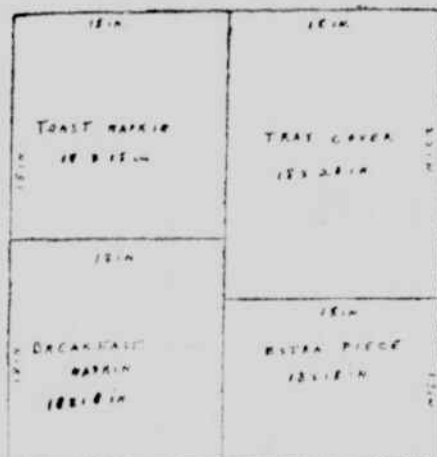


Diagram for cutting breakfast tray set from one yard of yard-wide linen.

be bought for 85 cents a yard. By following the diagram for cutting shown here a piece of material 13 by 1 inches will be left. Out of this an extra smaller cover may be made or, by squaring it, a tiny breakfast napkin.

The design is embroidered in the solid satin stitch and a few French knots. The numbers within the different petals and leaves of the design indicate the color of the thread to be used in embroidering them.

No. 5, D. M. C. mercerized cotton in the following shades should be used. For No. 1, the petals of the forget-me-not; No. 827, light blue should be used. A few French knots, made with No. 744 yellow, form the centre of this flower. For No. 2, the petals of the violet; No. 396 lavender should be used. For No. 3, the inner petals of the rose, No. 3326 light rose should be used. For No. 4, the outer petals of the rose, No. 309 dark rose should be used. For No. 5, the leaves and stems of the flowers, No. 904 green should be used.

Decorate Your Bedspreads

There Are Dimity Covers and Chambray Flowers Ready To Be Cut Out and Applied with Buttonhole Stitch

AN ENTERPRISING New England firm is making a specialty of dimity bedspreads, to which quaint flower designs are to be applied. The design, which is stamped, is a large basket of conventional type. To this basket fine chambray flowers are to be buttonholed. The pieces are all numbered, and each one should be cut out just before it is applied, so as to minimize the possibility of the edges fraying, as they are not turned in. The blue and rose pinks of the

flowers and the rich buff which forms the basket make an effective decoration. The whole design is about two feet deep. The spreads are buttonholed about the edge and are of excellent quality.

If one wishes, a flower will be started by the originators to show just how the work is done. There are both single and double spreads, the price being the same for both sizes, \$4.95.

The maker is Edwin C. Foss, 200 Boylston Street, Boston, Mass.

Fashions to Interest the Little Mother of Dolls

DO YOU know what they say in the big shops? Come very, very close and I'll tell you! They say that there's many and many a neglected doll who is forced to shiver and shake in her thin summer clothes till spring comes again.

And here we have been all bundled up in our new winter clothes, nice and comfy and warm for ever and ever so long! And we have never thought about our poor dolls.

On this page we doll mothers can see at a glance what is new and fashionable this year. Some of us who can sew can make them if big sister or mother helps, or we can buy them if we have our bank full of pennies. All of these garments come in a good assortment of sizes and colors, so that there is really no excuse for even a careless mother not outfitting her doll child becomingly as well as stylishly.

Up in the corner of the picture do you see that nurse's uniform with the red cross on the sleeve? That is the very latest thing in play clothes for dolly! Why! Because all the world, including small boys, is playing war

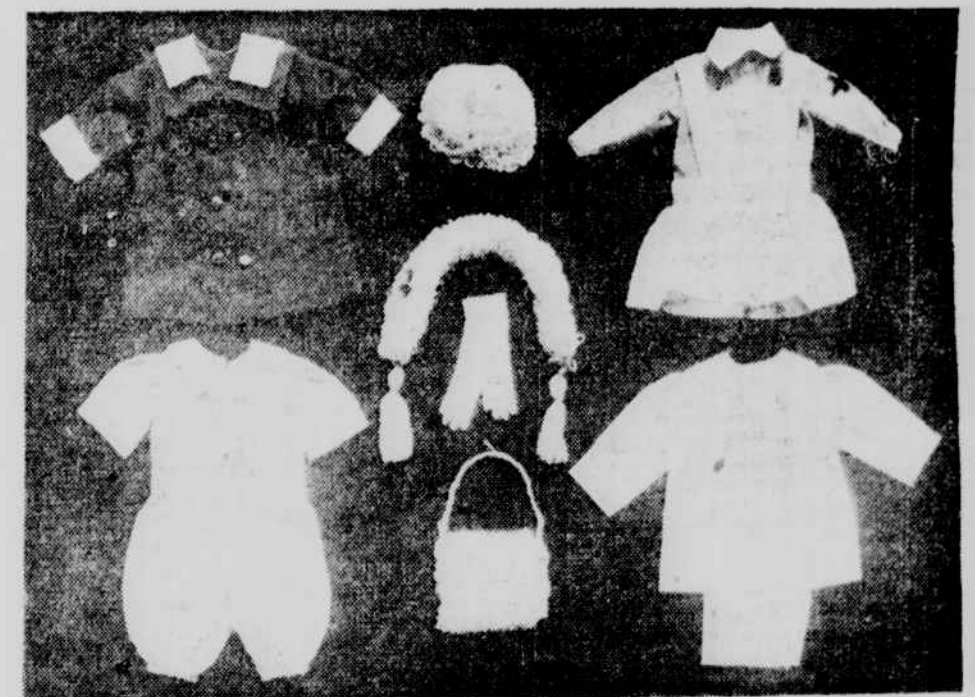
and soldiers now. And though he scorns "girl's dolls," where is the boy who would not welcome such a trig little nurse as part of his war game? So just jump your dolly into this costume and watch the boys' eyes pop open in surprise!

In the centre is a set, including hat scarf and muff. It is of pink worsted with pink roses, and it is so nice and warm maybe your dolly could wear her summer coat a while longer if she has this.

But isn't the coat pretty? It is blue serge, with brass buttons and real silk collar and cuffs. If you get her a pair of pajamas she will have what very few dolls possess, for they are new this year. When the bedclothes come off in the night the children aren't so apt to catch cold as in nighties.

The rompers are of pink linen. They are nice to put on when you want to dress dolly in a hurry.

Whether you make or buy them, I am sure dolly will be pleased to get any of these, aren't you? Just try her and see!



This wardrobe has, it seems, been selected with care and discrimination. Surely, any doll ought to appreciate it.

F. A. O. Schwarz, 303 Fifth Avenue.

A Suitable Receptacle for Golden Fruit



The newest in orange bowls, this covered one of Wedgwood, through whose openwork design the yellow balls gleam temptingly.

Gilman Collamore & Co., \$16.00.

DO YOU KNOW?

THAT a pretty souvenir to provide for a girl's luncheon is the newest thing in powder puff bags? The bag, six inches square, is in chiffon, incrusting with shadow lace and garlands of silk roses, and its mouth is drawn together by doubled satin ribbon strands, which finally resolve themselves into hangers. Within the transparent bag go a dozen white swansdown powder puffs.

That the newest thing in bird baths comes in gray stone and in the shape of an ancient Greek basin? Its outer side is exquisitely fluted and its rim is curved exactly to suit the little claws of the birds destined to perch thereon. If your conscience will not permit you to imprison birds, you may decorate the rim of the bath with an imitation songster in painted composition.

AS A CHILD THINKS, SO HE ACTS

To Understand the Child's Behavior, Follow the Workings of His Mind.

Interesting had occurred in school of late. One day the youngest boy, still in the kindergarten, reported that he had been made to sit by himself when the rest of the children were having an "assembly."

"And why did Miss Jenny make you sit off alone?" asked the mother.

"I don't know," said Donald. "I was saying something to a little girl, and Miss Jenny told me to sit in the other chair and to think."

"Then what did you do?"

"Then, I thought, and I thought and I thought," was the reply.

"What did you think?" pursued the mother.

"I thought about Santa Claus."

When you say to a child, "Don't talk now, just sit still and think," what do you expect him to do? Miss Jenny probably expected the child to reflect on the enormity of his transgressions and to make solemn resolutions never to violate the rules again. But Donald, prohibited from carrying on interesting conversation, was compelled to think, and he naturally thought of the most interesting topic.

The failure of the child to do what is desired is very often our failure to make him understand just what we do wish to have him do; and much of the misunderstanding is related to the ambiguity and obscurity of the language we use.

A little girl who had had very little experience with "punishment" at home, was getting her first lessons on the subject when she went to kindergarten. Every irregularity in conduct was "punished" by the young woman in charge by imposing upon the culprit some

thing equally irregular. That is, to the teacher the improper act was followed by a punishment, but to the child "punishment" meant simply receiving some exceptional attention from the nice young lady. When all the other children were playing in the ring, the child to be "punished" was distinguished by being permitted to sit in the corner and look on. While the other children were singing a song, a single child was "punished" by being allowed to watch the rabbit.

This little girl came, in a short time, to report gleefully that she herself or some of her colleagues had been punished, and it was very evident that there was no remorse or shame associated with the experience. To be pun-

ished was simply to receive some distinguished consideration. Even when the teacher did not speak of punishment, the child would call every unusual incident a punishment, as when a boy, tired out by too violent romping, was asked to lie down on a couch for a few minutes. The little girl reported that he had been punished in a new way. In this case the teacher was handicapped by the child's failure to associate reproach and reproach with punishment, and by her own failure to recognize the child's naive innocence.

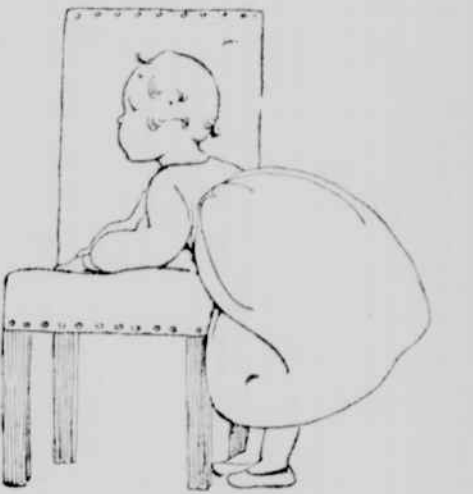
Another little girl, who had been repeatedly reproved for running about too wildly and boisterously, was finally placed in a chair by her mother and compelled to sit still for

several minutes. She was then asked whether she would "be good now," and she promised that she would. She was told that she might then go out to play again. As she left the chair she turned around and said, "Thank you, dear chair, for making me good." Having been declared "good" after sitting in the chair, she attributed to the chair the magical change.

A little boy who was learning the art of cutting with scissors, extended his experiments until he managed to cut a hole in his father's coat. His father scolded him for spoiling his suit, but Herbert calmly replied, "I did not cut your suit; I only cut the coat." He resented the accusation, which to his way of thinking, was not merely an exaggeration, but entirely false, since a suit is a suit and a coat is a coat.

Thus we see that the child does think, but his thinking is in many ways different from the thinking of an adult. Very often this difference results in amusing situations; but very often the difference results in serious misunderstandings. When a tot announces that he is going to make a great noise on Christmas because it is a "hollerday," we merely smile and try to set him straight. But when an older child draws fine distinctions between "taking money, real stealing and taking fruit," there are likely to develop unpleasant complications.

We are so accustomed to the conventional modes of expression, and especially to our own habits of expression, that it is difficult for most of us to realize that we cannot make ourselves understood. We are apt to think that the failure to understand what we have in mind is the fault of the other person, whether it be an adult or a child. A grown person, how-



"Thank you, dear chair, for making me good."

ever, has learned, usually, to ask the kind of question that will clear up misunderstanding; the child will jump to some conclusion, and act accordingly.

We cannot depend upon the children to insure clear understanding of our wishes and our intent. The responsibility for this lies with parents and teachers, or others who have to do with children. It is for this reason that we should hesitate to condemn a child for anything that appears queer or perverse in his reasoning or conduct, until we are quite sure that we understand just what mental processes led to the conclusions upon which he acted. And it is for this reason that we should make a special effort to understand just what and just how the child thinks.



A single child was "punished" by being allowed to watch the rabbit.



"I thought about Santa Claus."

By Sidonie Matzner Gruenberg.

A MOTHER who took enough interest in her children to try to find out what they were doing when away from home made it a practice to ask them from time to time whether anything unusual or in-